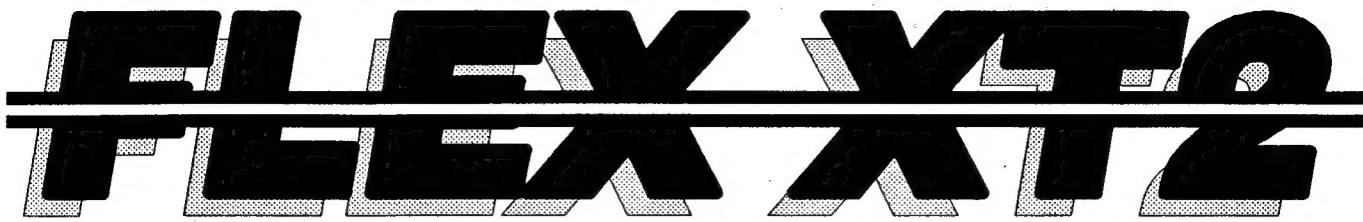


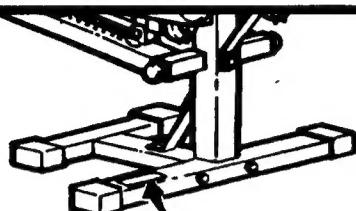
# MODEL 1032A



MODEL NO. 1032A

SERIAL NO.

Write the serial number in the space above for reference.



## WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL

MODEL NUMBER of this UNIT

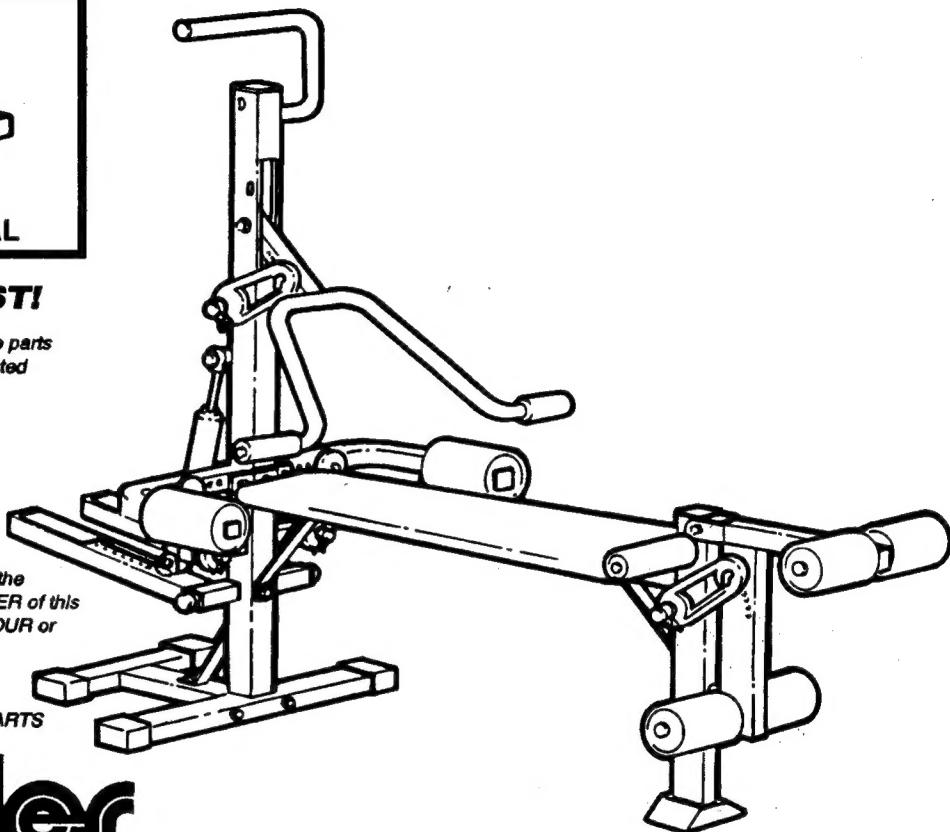
PART NAME or DESCRIPTION

ORDERING NUMBER

THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.



# weider.

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

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WEIDER HEALTH AND FITNESS  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

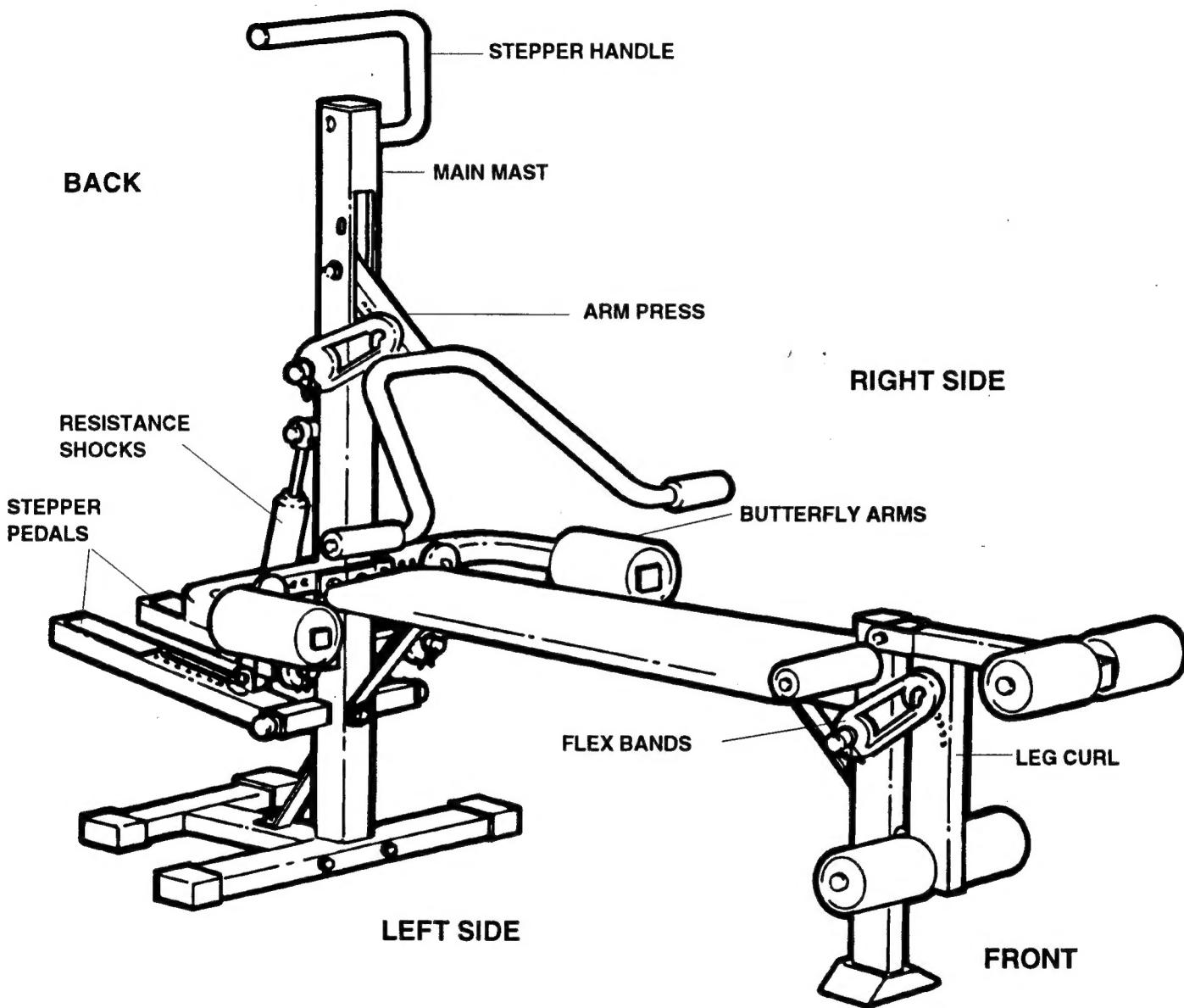
**SAVE THESE INSTRUCTIONS**

## INTRODUCTION

Thank you for choosing the Welder *FLEX XT2*. Your Home Gym is designed and engineered to give you many hours of aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains conditioning guides, maintenance tips, and parts information.

Please take the time to read all the information contained in this manual and after assembly is completed keep it for future reference.



## MAINTENANCE TIPS

Keeping your *FLEX XT2* in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent.

# 1032A PART LIST

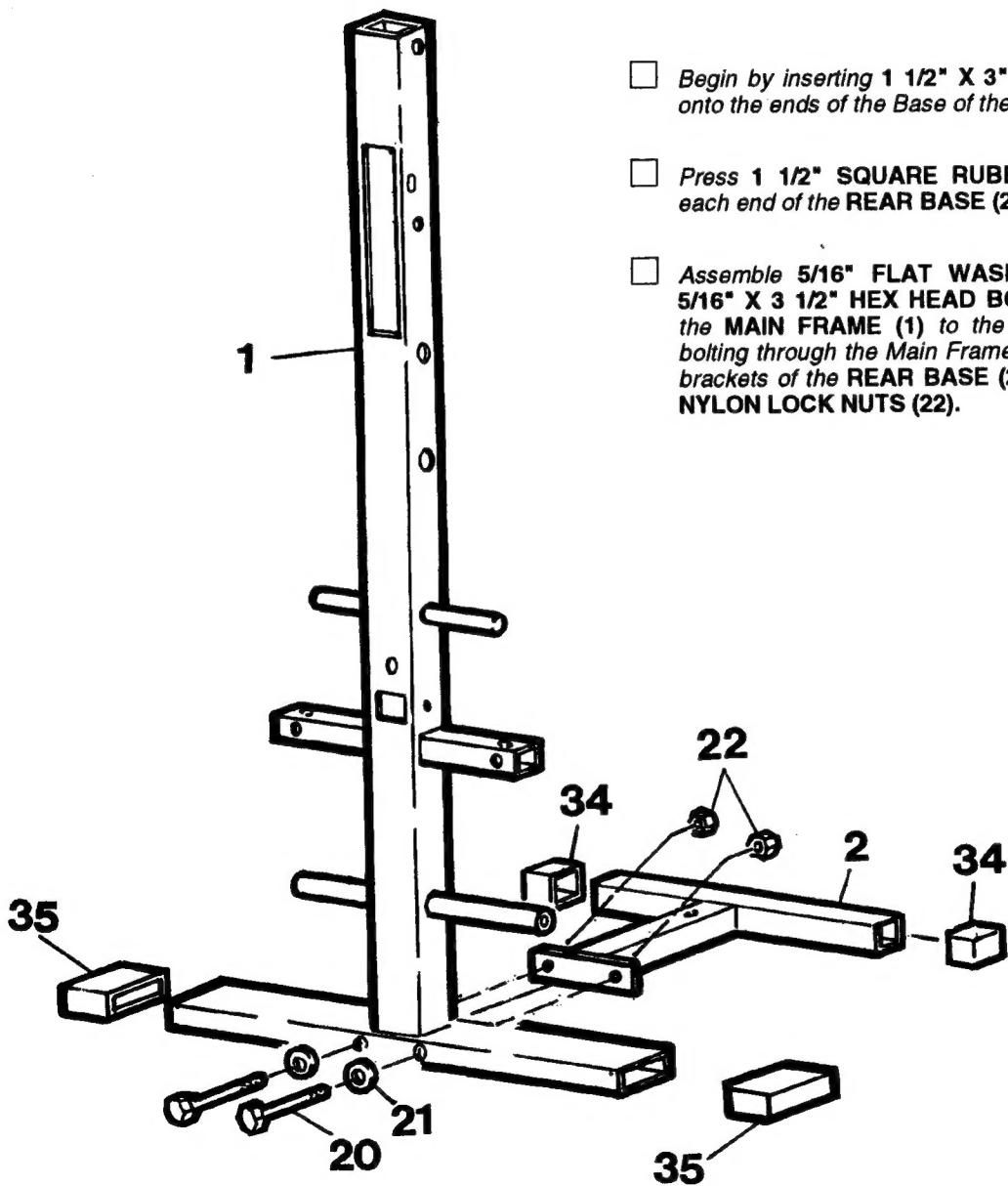
DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	C3227-F31*F45
2	REAR BASE	1	C3228-F31*F45
3	BACKBONE	1	C3229-F31*F45
4	PIVOT TUBE 3/4" X 4"	2	C6341-E03*F45
5	PEC-DECK MOUNTING BRACKET	2	C6714-E03*F45
6	PEC-DECK ARM	2	C6506-E03*F45
7	FOAM ROLLERS 3" X 5 3/4" 3/4"ID	4	C0434-C07*F45
8	FLEX BAND	4	C6270-F31*F45
9	BACKREST MOUNTING PLATE	2	C6713-E03*F45
10	BACKBONE BRACE	1	C6784-F31*F45
11	STEPPER BRACE	1	C6785-F31*F45
12	BACKREST	1	C1381-F31*F45
13	PAD BAR 3/4" X 13"	2	C6387-F31*F45
14	LEG CURL	1	C3232-F31*F45
15	STEPPER HANDLE	1	C6386-F31*F45
16	STEPPER PEDAL - RIGHT 1" X 3"	1	C3230-F31*F45
17	STEPPER PEDAL - LEFT 1" X 3"	1	C3231-F31*F45
18	ARM PRESS ARM	1	C6509-F31*F45
19	5/16" X 2 1/2" HEX HEAD BOLT	2	HH-5053*F45
20	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294*F45
21	5/16" FLAT WASHER	10	HH-5127*F45
22	5/16" NYLON LOCK NUT	14	HH-5012*F45
23	5/16" X 3" HEX HEAD BOLT	1	HH-5167*F45
24	5/16" X 3 1/4" HEX HEAD BOLT	3	HH-5297*F45
25	1/4" X 2 1/2" CARRIAGE BOLT	2	HH-5333*F45
26	1/4" NYLON LOCK NUT	6	HH-5011*F45
27	1/4" X 2" MACHINE SCREW	2	HH-5256*F45
28	1/4" X 2" CARRIAGE BOLT	2	HH-5338*F45
29	1/4" FLAT WASHER	1	HH-5048*F45
30	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F45
31	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F45
32	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F45
33	1" ROUND PLASTIC COVER CAP	2	HH-5348*F45
34	1 1/2" SQUARE RUBBER FOOT	2	AA-8212*F45
35	1 1/2" X 3" RUBBER FOOT	2	AA-8169*F45
36	2 1/2" SQUARE PLASTIC INSERT CAP	1	AA-8013*F45
37	PLASTIC BASE FOOT	1	AA-8153*F45
38	3/4" ROUND PLASTIC INSERT CAP	12	AA-8004*F45

# 1032A PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
39	1 1/2" SQUARE PLASTIC INSERT CAP	6	AA-8001*F45
40	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130*F45
41	1 1/4" SQUARE END BUSHING	4	AA-8203*F45
42	1" RING RETAINER	2	HH-5423*F45
43	5/8" RING RETAINER	2	HH-5422*F45
44	RUBBER LEG CURL BUMPER	1	AA-8131*F45
45	1/2" X 5/8" LONG METAL BUSHING	1	HH-5362*F45
46	FLEX CXT DECAL	1 SET	DE-4301*F45
47	LEG CURL SCALE RESISTANCE DECAL	1 SET	DE-4301*F45
48	STEPPER RESISTANCE SCALE DECAL	1 SET	DE-4301*F45
49	STATION 2 DECAL	1 SET	DE-4301*F45
50	ARM PRESS RESISTANCE DECAL	1 SET	DE-4301*F45
51	PEC-DECK ARM RESISTANCE SCALE DECAL	1 SET	DE-4301*F45
56	5/8" I.D. X 1 1/2" SPACER BUSHING	2	AA-8146*F45
58	RESISTANCE CYLINDER	2	ZZ-0006*F45
59	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6742-E28*F45
60	TENSION KNOB	2	HH-5400*F45
61	FOOT PAD	2	AA-8209*F45
62	#8 SHEET METAL SCREW	2	HH-5449*F45
63	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8014*F45
64	1/4" X 1/2" ROUND HEAD SCREW	4	HH-5022*F45
65	#8 SHEET METAL SCREW (PRE-ASSEMBLED)	1	HH-5449*F45
66	5/16" X 2" HEX HEAD BOLT	1	HH-5054*F45
67	5/16" X 2 1/4" HEX HEAD BOLT	1	HH-5199*F45
68	PAD BAR 3/4" X 13 1/2"	1	C6357-F03*F45
69	FOAM ROLLER 2 1/4" X 6"	2	C0449-E08*F45
70	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F45
71	FOAM GRIP 1" X 5"	2	C0439-D19*F45
72	PLASTIC BUMPER	1	AA-8132*F45
73	3/4" X 9" ARM PRESS BAND BAR	1	C6253-E03*F45
74	LARGE SPRING CLIP 3/4"	4	WW-7047*F45
75	SMALL SPRING SLIP 3/8"	2	WW-7043*F45
76	L-PIN 4"	4	WW-7051*F45
77	3/4" X 6" LEG CURL BAND BAR	1	C6254-E03*F45
78	FOAM ROLLER 3" X 5 3/4" 1 3/8" ID	2	C0468-F23*F45
	ASSEMBLY MANUAL	1	CNN-1207*F45
	TRAINING MANUAL	1	CNN-1208*F45
	HARDWARE BAG (NUTS & BOLTS)	1	C5973-F31*F45
	HARDWARE BAG (PLASTICS)	1	C5974-F31*F45

**STEP 1 BASE FRAME ASSEMBLY**

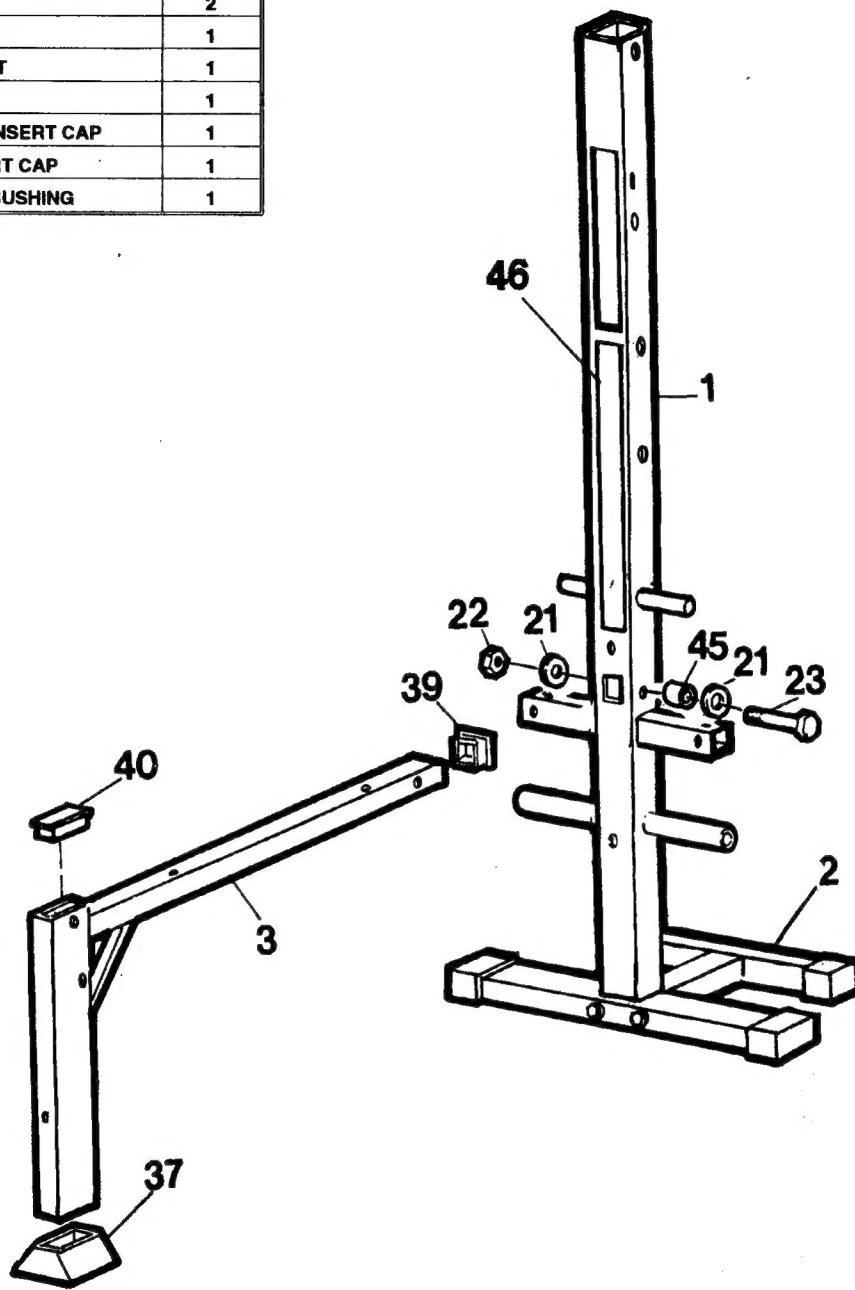
PART NAME	QTY
20 5/16" X 3 1/2" HEX HEAD BOLT	2
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
34 1 1/2" SQUARE RUBBER FEET	2
35 1 1/2" X 3" RUBBER FEET	2



- Begin by inserting 1 1/2" X 3" RUBBER FEET (35) onto the ends of the Base of the MAIN FRAME (1).
- Press 1 1/2" SQUARE RUBBER FEET (34) onto each end of the REAR BASE (2).
- Assemble 5/16" FLAT WASHERS (21) onto two 5/16" X 3 1/2" HEX HEAD BOLTS (20) and attach the MAIN FRAME (1) to the REAR BASE (2) by bolting through the Main Frame and then through the brackets of the REAR BASE (2). Secure with 5/16" NYLON LOCK NUTS (22).

**STEP 2 FRAME ASSEMBLY**

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	1
23 5/16" X 3" HEX HEAD BOLT	1
37 PLASTIC BASE FOOT	1
39 1 1/2" SQUARE PLASTIC INSERT CAP	1
40 1 1/2" X 3" PLASTIC INSERT CAP	1
45 1/2" X 5/8" LONG METAL BUSHING	1



- Cap the bottom of the BACKBONE FRONT LEG (3) with a PLASTIC BASE FOOT (37).
- Insert the BACKBONE (3) into the MAIN FRAME (1). Place a 5/16" FLAT WASHER (21), and a 1/2" X 5/8" LONG METAL BUSHING (45) onto a 5/16" X 3" HEX HEAD BOLT (23) and insert through the Main Frame and Backbone. Add another 5/16" FLAT WASHER (21) and secure with a 5/16" NYLON LOCK NUT (22).
- Cap the end of the BACKBONE (3) with a 1 1/2" SQUARE PLASTIC INSERT CAP (39) and the top of the Front Leg of the Backbone with a 1/2" X 3" PLASTIC INSERT CAP (40).
- Affix the "FLEX CXT" DECAL (46) to the Main Frame Mast by positioning the Decal closely beneath the Arm Press Handle Slot.

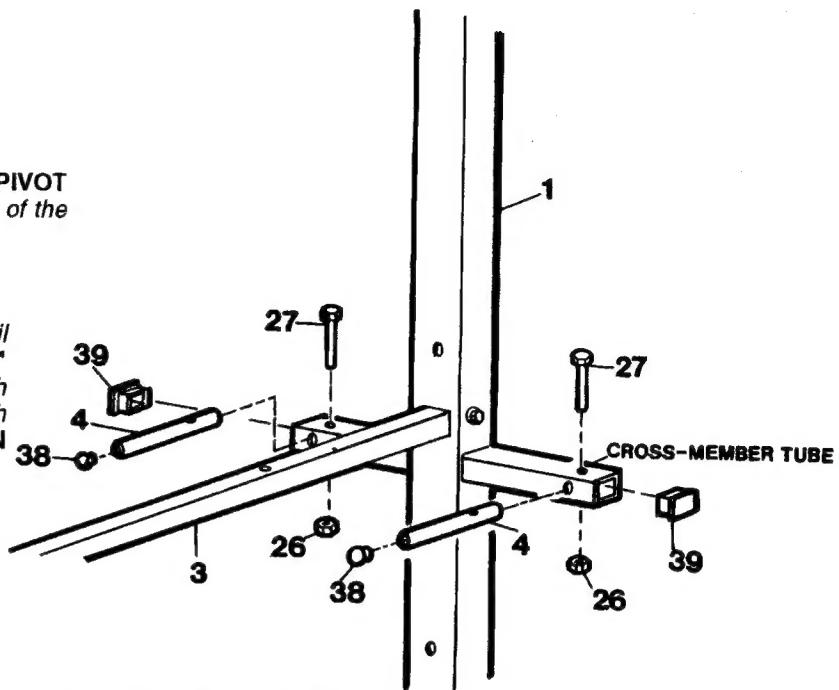
**STEP 3 PIVOT TUBE ASSEMBLY**

PART NAME	QTY
26 1/4" NYLON LOCK NUT	2
27 1/4" X 2" MACHINE SCREW	2
38 3/4" ROUND PLASTIC INSERT CAP	2
39 1 1/2" SQUARE PLASTIC INSERT CAP	2

Insert the end with the hole of the 3/4" X 4" PIVOT TUBES (4) into the hole locations at the ends of the Main Frame Cross-member.

Rotate the 3/4" X 4" PIVOT TUBES (4) until the bolt holes align and using 1/4" X 2" MACHINE SCREWS (27), bolt down through the top of the Cross-member and then through the Pivot Tube. Secure with 1/4" NYLON LOCK NUTS (26).

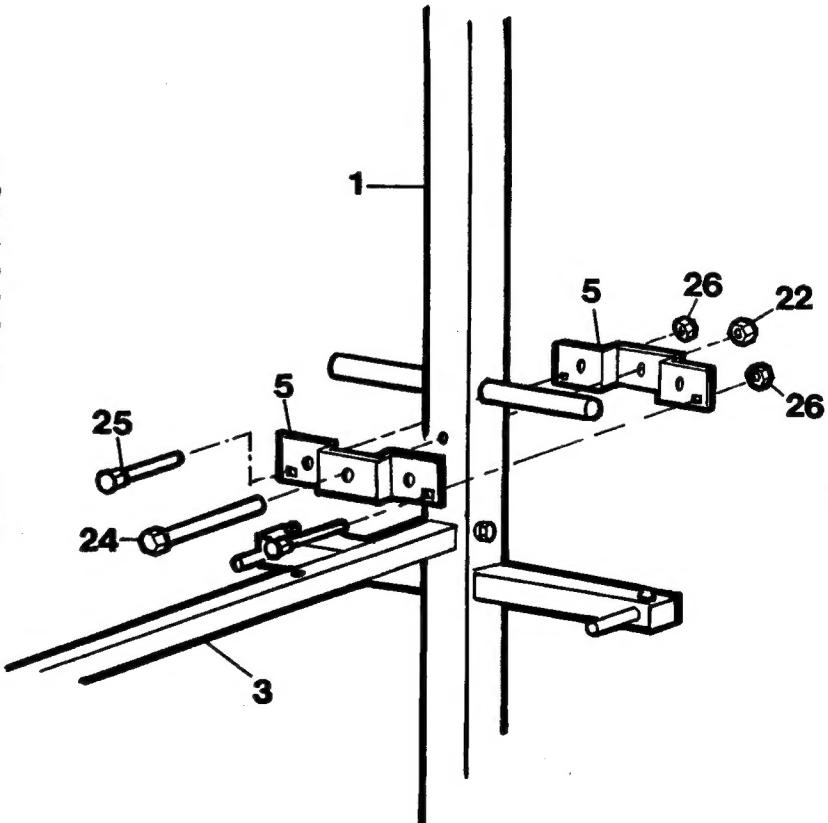
Cap the end of each PIVOT TUBE (4) with a 3/4" ROUND PLASTIC INSERT CAP (38).

**STEP 4 PEC-DECK MOUNTING BRACKET ASSEMBLY**

PART NAME	QTY
22 5/16" NYLON LOCK NUT	1
24 5/16" X 3 1/4" HEX HEAD BOLT	1
25 1/4" X 2 1/2" CARRIAGE BOLT	2
26 1/4" NYLON LOCK NUT	2

Attach the PEC-DECK MOUNTING BRACKETS (5) to the MAIN FRAME (1) at the hole location directly above the BACKBONE (3) by bolting with a 5/16" X 3 1/4" HEX HEAD BOLT (24) through the Mounting Bracket at the front of the unit, then the Main Frame, and then through the second Mounting Bracket. Secure with a 5/16" NYLON LOCK NUT (22). DO NOT TIGHTEN AT THIS TIME TO AID IN FURTHER ASSEMBLY.

To the hole positions at the lower corners of the PEC-DECK MOUNTING BRACKETS (5) assemble 1/4" X 2 1/2" CARRIAGE BOLTS (25) and 1/4" NYLON LOCK NUTS (26).

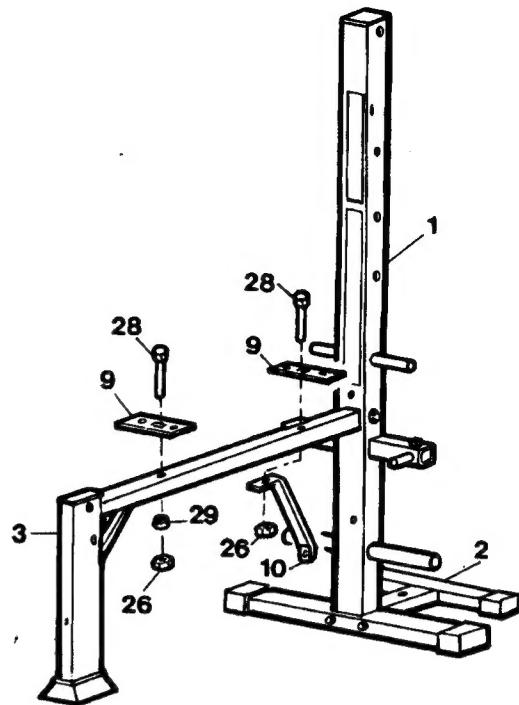


**STEP 5 BACKREST MOUNTING PLATE & BRACE ASSEMBLIES**

PART NAME	QTY
22 5/16" NYLON LOCK NUT	2
24 5/16" X 3 1/4" HEX HEAD BOLT	1
26 1/4" NYLON LOCK NUT	2
28 1/4" X 2" CARRIAGE BOLT	2
29 1/4" FLAT WASHER	1
66 5/16" X 2" HEX HEAD BOLT	1

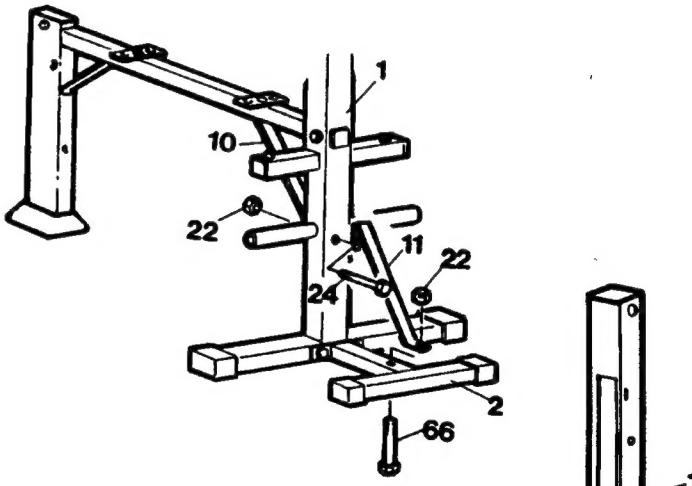
Attach the front BACKREST MOUNTING PLATE (9) to the front hole in the BACKBONE (3) by bolting with a 1/4" X 2" CARRIAGE BOLT (28) down through the Mounting Plate and then through the BACKBONE (3). Assemble a 1/4" FLAT WASHER (29) onto the bolt and secure with a 1/4" NYLON LOCK NUT (26).

Assemble the rear BACKREST MOUNTING PLATE (9) to the rear hole in the BACKBONE (3) by bolting with a 1/4" X 2" CARRIAGE BOLT (28) down through the Mounting Plate, the Backbone, and then through one end of the BACKBONE BRACE (10). Secure with a 1/4" NYLON LOCK NUT (26).



To attach the STEPPER BRACE (11), place a 5/16" X 3 1/4" HEX HEAD BOLT (24) through the slotted curled end of the STEPPER BRACE (11), then through the MAIN FRAME (1), and then the BACKBONE BRACE (10). Secure with a 5/16" NYLON LOCK NUT (22).

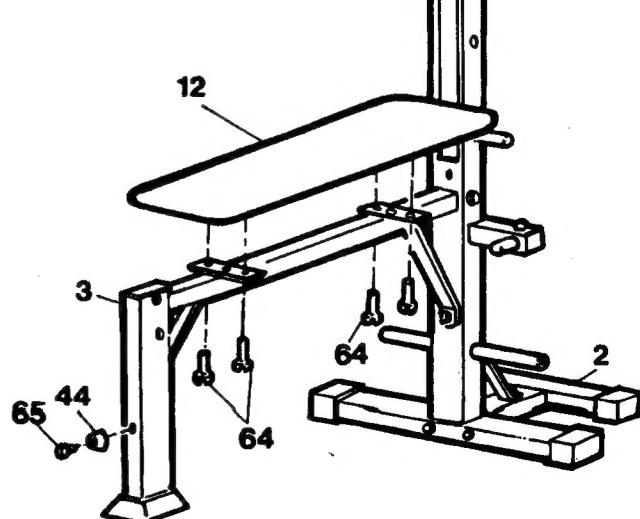
Fasten the lower end of the STEPPER BRACE (11) to the REAR BASE (2) by bolting with a 5/16" X 2" HEX HEAD BOLT (66) up through the Rear Base and then through the Stepper Brace. Secure with a 5/16" NYLON LOCK NUT (22).

**STEP 6 BACKREST ASSEMBLY**

PART NAME	QTY
44 RUBBER LEG CURL BUMPER	1
64 1/4" X 1/2" ROUND HEAD SCREW	4
65 5/32" X 1/2" MACHINE SCREW	1

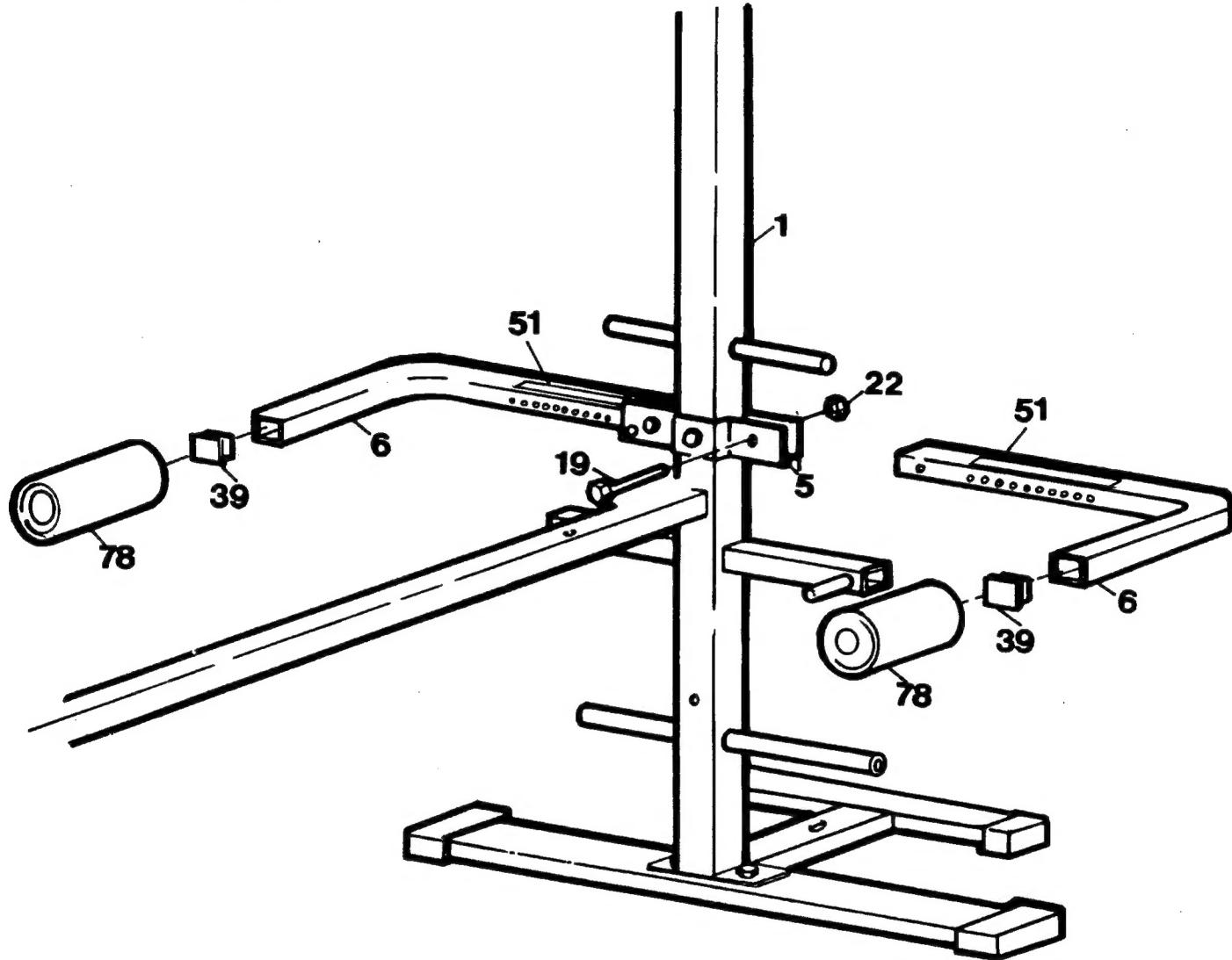
Position BACKREST (12) onto the BACKBONE (3) so that the mounting holes in the brackets align with the holes in the underside of the Backrest. Bolt in place using four 1/4" X 1/2" ROUND HEAD SCREWS (64).

Fasten the RUBBER LEG CURL BUMPER (44) to the front of the BACKBONE LEG (3) with a 5/32" X 1/2" MACHINE SCREW (65).



**STEP 7 PEC-DECK ARM ASSEMBLY**

PART NAME	QTY
19 5/16" X 2 1/2" HEX HEAD BOLT	2
22 5/16" NYLON LOCK NUT	2
39 1 1/2" SQUARE PLASTIC INSERT CAP	2

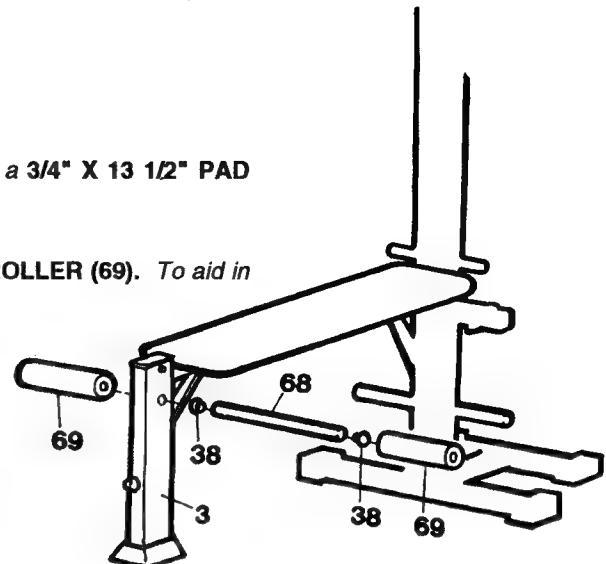


- Position the PEC-DECK ARMS (6) between the PEC-DECK MOUNTING BRACKETS (5) and bolt in place with 5/16" X 2 1/2" HEX HEAD BOLTS (19). Fasten with 5/16" NYLON LOCK NUTS (22).
- After the Arms are bolted into the Brackets go back and tightly fasten the Brackets to the MAIN FRAME (1) that were previously left untightened.
- Cap the end of each of the PEC-DECK ARMS (6) with a 1 1/2" SQUARE PLASTIC INSERT CAP (39).
- After wiping a small amount of liquid dish detergent lubricant over the ends of the Arms, press on 3" X 5 3/4" 1 3/8" I.D. FOAM ROLLERS (78).
- Affix the PEC-DECK ARM RESISTANCE SCALE DECALS (51) (Numbers from 15 to 55) atop the arms so that "55" is positioned in line with the resistance hole furthest away from the Frame Mast.

**STEP 8 FOAM ROLLER ASSEMBLY**

PART NAME	QTY
38 3/4" ROUND PLASTIC INSERT CAP	2

- Press 3/4" ROUND PLASTIC INSERT CAPS (38) into the ends of a 3/4" X 13 1/2" PAD BAR (68).
- Onto one end of the PAD BAR (68) press on a 2 1/4" X 6" FOAM ROLLER (69). To aid in the assembly of the Foam Rollers, wipe a small amount of liquid dish detergent along the surface of the Pad Bar to act as a lubricant.
- Insert the assembly into the upper positioned hole on the front of the BACKBONE LEG (3) and then assemble on another 2 1/4" X 6" FOAM ROLLER (69) onto the opposite end of the Bar.

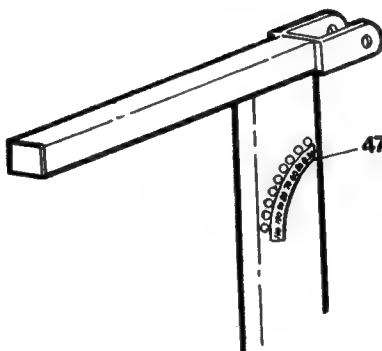
**STEP 9 LEG CURL ASSEMBLY**

PART NAME	QTY
22 5/16" NYLON LOCK NUT	1
38 3/4" ROUND PLASTIC INSERT CAP	4
39 1 1/2" SQUARE PLASTIC INSERT CAP	1
67 5/16" X 2 1/4" HEX HEAD BOLT	1

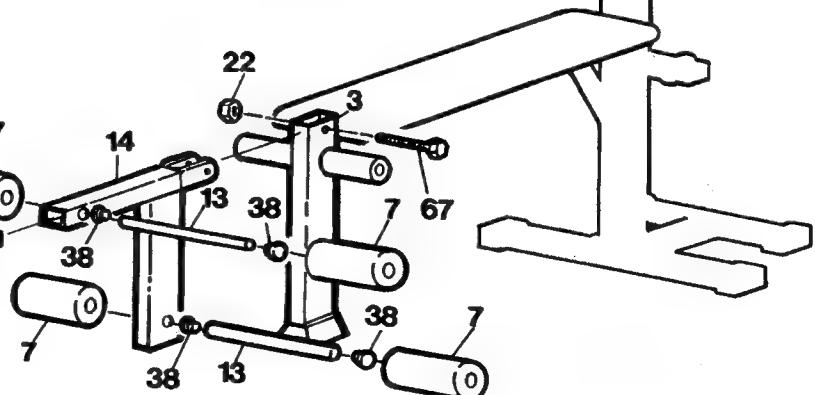
» NOTE: To each Pad Bar wipe a small amount of liquid dish detergent along the length of the Bar. This helps in the assembly of the Foam Rollers. When the detergent dries, it acts as an adhesive.

- To one end of each PAD BAR (13) press on one 3" X 5 3/4" FOAM ROLLER (7).
- Insert one PAD BAR (13) into a hole on the lower section of the LEG CURL (14).
- Press another 3" X 5 3/4" FOAM ROLLER (7) onto the inserted tube end.

- Assemble the brackets of the LEG CURL (14) to the BACKBONE LEG (3) using a 5/16" X 2 1/4" HEX HEAD BOLT (67) and bolting through the brackets of the LEG CURL (14) and then through the BACKBONE LEG (3). Secure with 5/16" NYLON LOCK NUT (22).
- Press 3/4" ROUND PLASTIC INSERT CAPS (38) into the ends of the 3/4" X 13" PAD BARS (13).

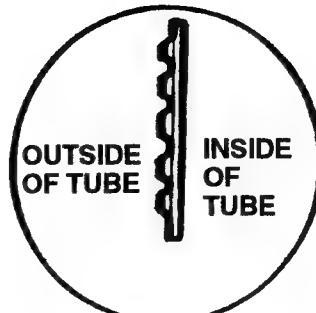


- Assemble the other PAD BAR (13) into the hole on the upper section of the Leg Curl and assemble on another Foam Roller onto the inserted tube end.
- Press a 1 1/2" SQUARE PLASTIC INSERT CAP (39) into the end of the Leg Curl Tube.
- Remove the LEG CURL SCALE RESISTANCE DECAL (47) from the backing sheet and position the Decal on the left side of the Leg Curl under the resistance holes so that the number setting align with the holes.



**STEP 10 STEPPER ASSEMBLY**

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
30 5/16" X 1 1/2" HEX HEAD BOLT	2
32 5/8" ROUND PLASTIC COVER CAP	2
33 1" ROUND PLASTIC COVER CAP	2
41 1 1/4" SQUARE END BUSHING	4
42 1" RING RETAINER	2
43 5/8" RING RETAINER	2
56 5/8" I.D. X 1 1/2" SPACER BUSHING	2
62 #8 SHEET METAL SCREW	2

**DETAIL "A"**

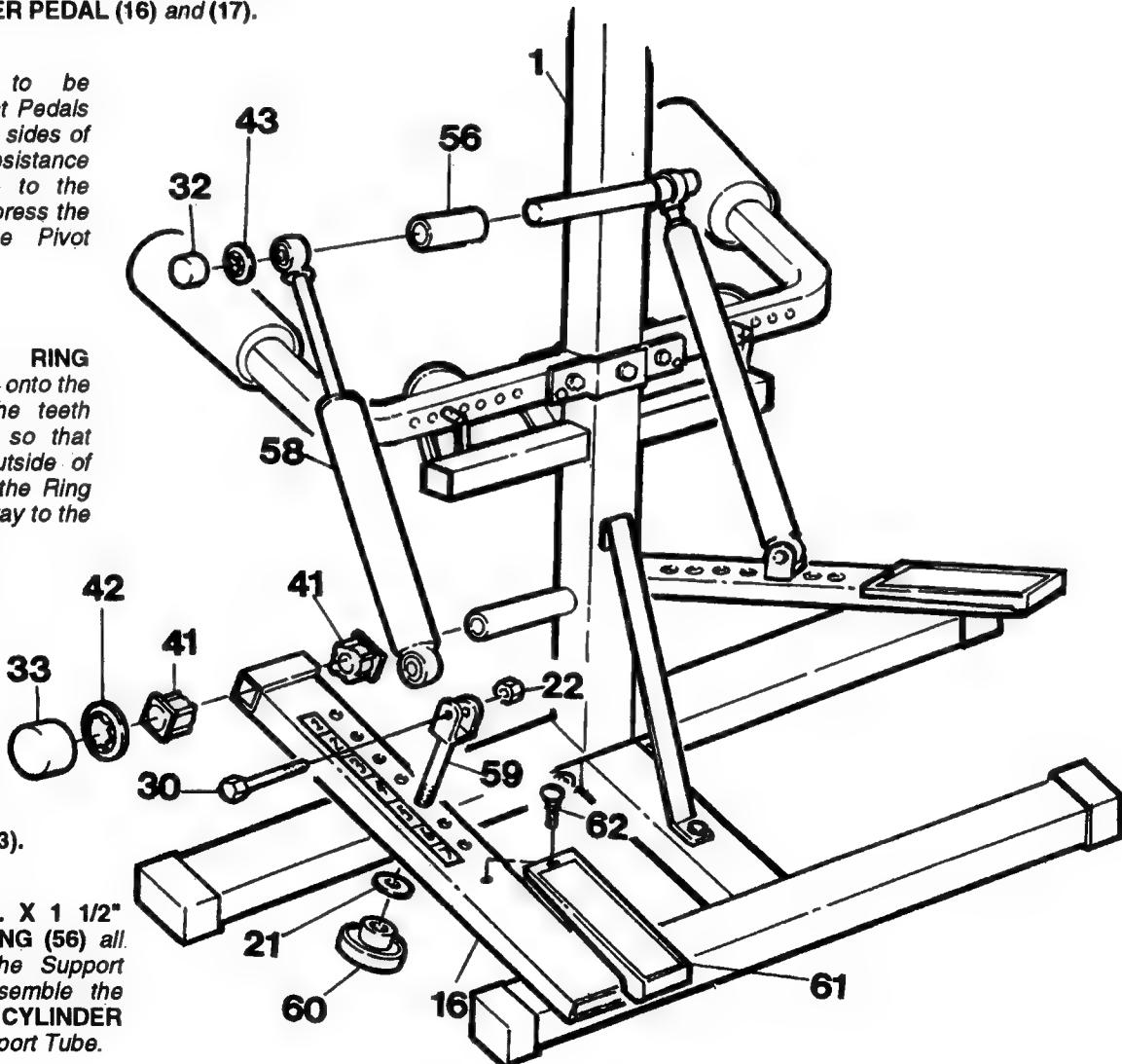
Press 1 1/4" SQUARE END BUSHINGS (41) into each STEPPER PEDAL (16) and (17).

Double check to be certain the correct Pedals are on the proper sides of the Frame (resistance holes should be to the inside) and then press the Pedals onto the Pivot Tube.

Press on 1" RING RETAINERS (42) onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Ring Retainer all the way to the Pedal forcing it snugly against the Plastic Bushing. (SEE DETAIL A.).

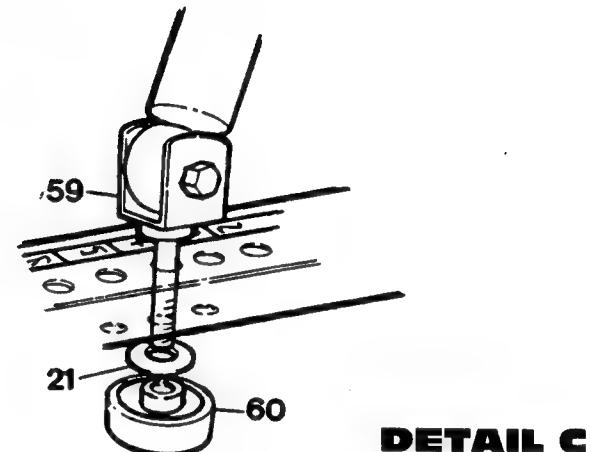
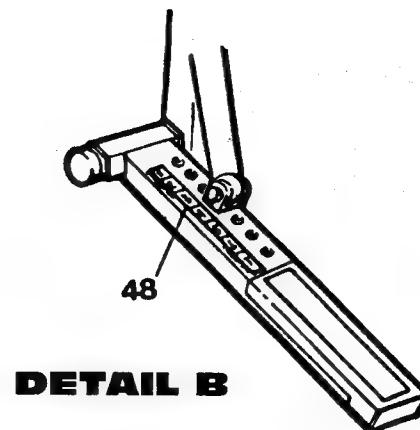
Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (33).

Slide a 5/8" I.D. X 1 1/2" SPACER BUSHING (56) all the way onto the Support Tube. Next, assemble the RESISTANCE CYLINDER (58) onto the Support Tube.



Press on a 5/8" RING RETAINER (43) making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance cylinder.

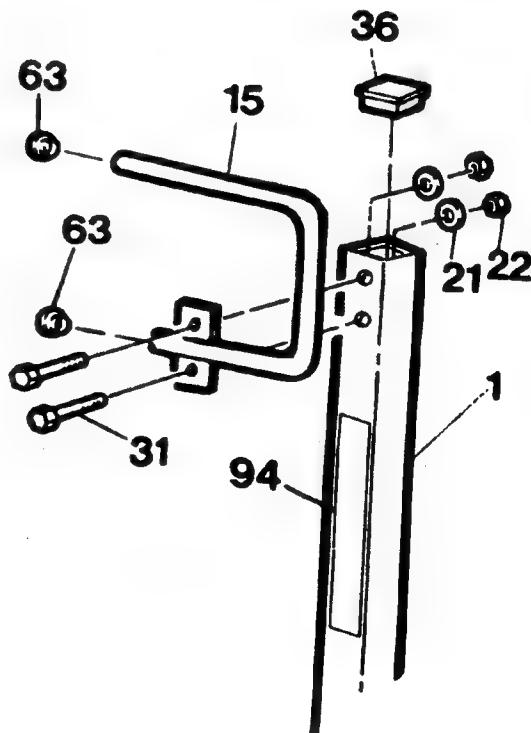
- Cap the ends of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (32).
- Place the CYLINDER MOUNTING BRACKET (59) into one of the resistance setting holes and secure with a 5/16" FLAT WASHER (21) and a TENSION KNOB (60).
- Attach RESISTANCE CYLINDER (58) to the CYLINDER MOUNTING BRACKET (59) with a 5/16" X 1 1/2" HEX HEAD BOLT (30) and a 5/16" NYLON LOCK NUT (22).
- Remove STEPPER RESISTANCE SCALE DECALS (48) from backing and attach Decals to the Pedals so they align with hole settings on the Pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL B.)
- Remove backing from adhesive strips on FOOT PADS (61) and attach to the rear of the Pedals. Secure each with a #8 SHEET METAL SCREW (62).
- SETTING RESISTANCE: After Pedals are attached to the Resistance Cylinders, the resistance can be changed by unscrewing the TENSION KNOBS (60) from the Pedals and moving the RESISTANCE CYLINDER MOUNTING



### STEP 11 STEPPER HANDLE ASSEMBLY

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	2
31 5/16" X 1" HEX HEAD BOLT	2
36 2 1/2" SQUARE PLASTIC INSERT CAP	1
63 1 1/4" ROUND PLASTIC INSERT CAP	2

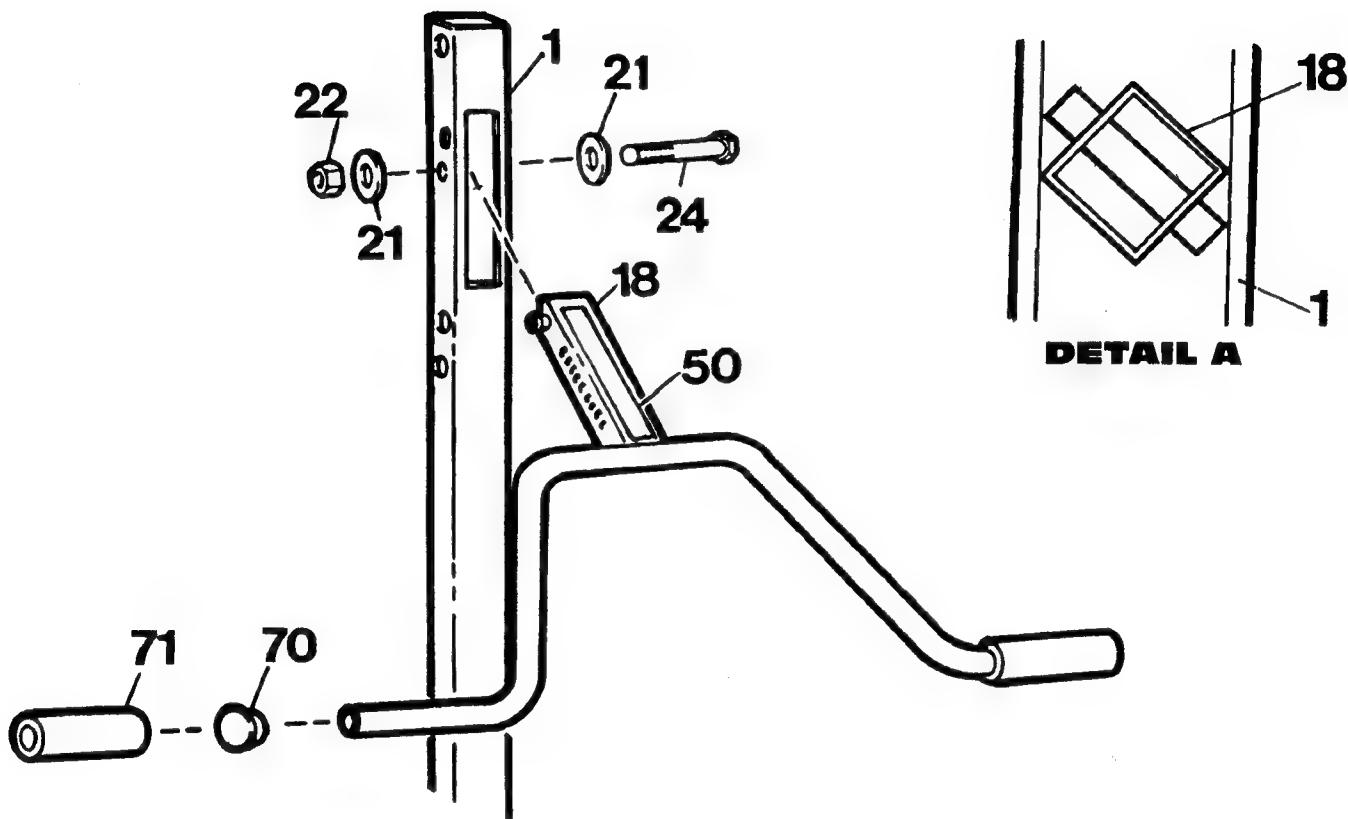
- Assemble the STEPPER HANDLE (15) to the MAIN FRAME (1) by bolting through the brackets of the Stepper Handle and then through the mounting holes inside and nearest to the top of the Main Frame Tube. Assemble 5/16" FLAT WASHERS (21) onto the bolts and secure with 5/16" NYLON LOCK NUTS (22).
- Cap the top of the MAIN FRAME (1) with a 2 1/2" SQUARE PLASTIC INSERT CAP (36).
- Cap the ends of the STEPPER HANDLE (15) with 1 1/4" ROUND PLASTIC INSERT CAPS (63).
- Attach STATION 2 DECALS (49) to the MAIN FRAME (1) just above the Resistance Cylinder Support Tube.



**STEP 12 ARM PRESS ASSEMBLY**

PART NAME	QTY
21 5/16" FLAT WASHER	2
22 5/16" NYLON LOCK NUT	1
24 5/16" X 3 1/4" HEX HEAD BOLT	1
70 1" ROUND PLASTIC INSERT CAP	2
72 PLASTIC BUMPER	1

Assemble ARM PRESS ARM (18) into MAIN FRAME (1). To do this, turn handle bar at an angle so that the handle bar extension and welded spacer fit into the opening of the frame. Once inside the frame tube twist the handle bar back into a straight alignment. SEE DETAIL A! Bolt Handle Bar into position using 5/16" X 3 1/4" HEX HEAD BOLT (24), 5/16" FLAT WASHERS (21), and 5/16" NYLON LOCK NUT (22).

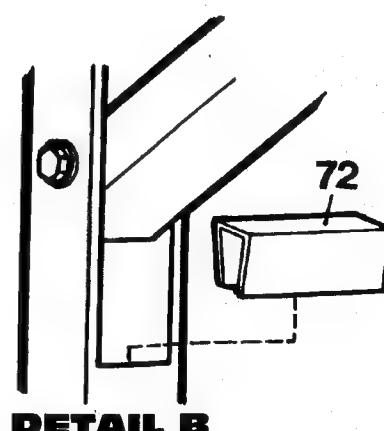


Press 1" ROUND PLASTIC INSERT CAP (70) onto ends of Handle Bar.

Wipe liquid dish detergent over surface of Handle Bar ends and press on 1" X 5" FOAM GRIPS (71).

Assemble PLASTIC BUMPER (72) to bottom side of Long Slot in MAIN FRAME (1) where it comes in contact with ARM PRESS ARM (18). SEE DETAIL B! (FOR BEST RESULTS GLUE THE PLASTIC BUMPER.)

Position ARM PRESS RESISTANCE SCALE DECAL (50) on top side of ARM PRESS ARM (18).



## ABOUT "FLEX BAND RESISTANCE"

The resistance for all exercise stations is achieved by use of specially engineered "Flex Bands" and geometrically positioned resistance holes.

Unlike other band-resistant gyms that require several sets of strength bands to produce different amounts of resistance, this gym requires only one set.

By moving the position of the "Flex Bands" along a series of resistance settings the weight resistance can be increased from 30 lbs. to 110 lbs. on the Arm Press and Leg Curl stations and from 15 lbs. to 55 lbs. on each of the Pec-Deck Arms.

## HOW TO USE EACH EXERCISE STATION:

THERE ARE THREE POSITIONS FOR USING THE ARM PRESS. THESE POSITIONS ARE: ARM PRESS, SEATED MILITARY PRESS, AND LAT PULL DOWNS.

### ARM PRESS STATIONS:

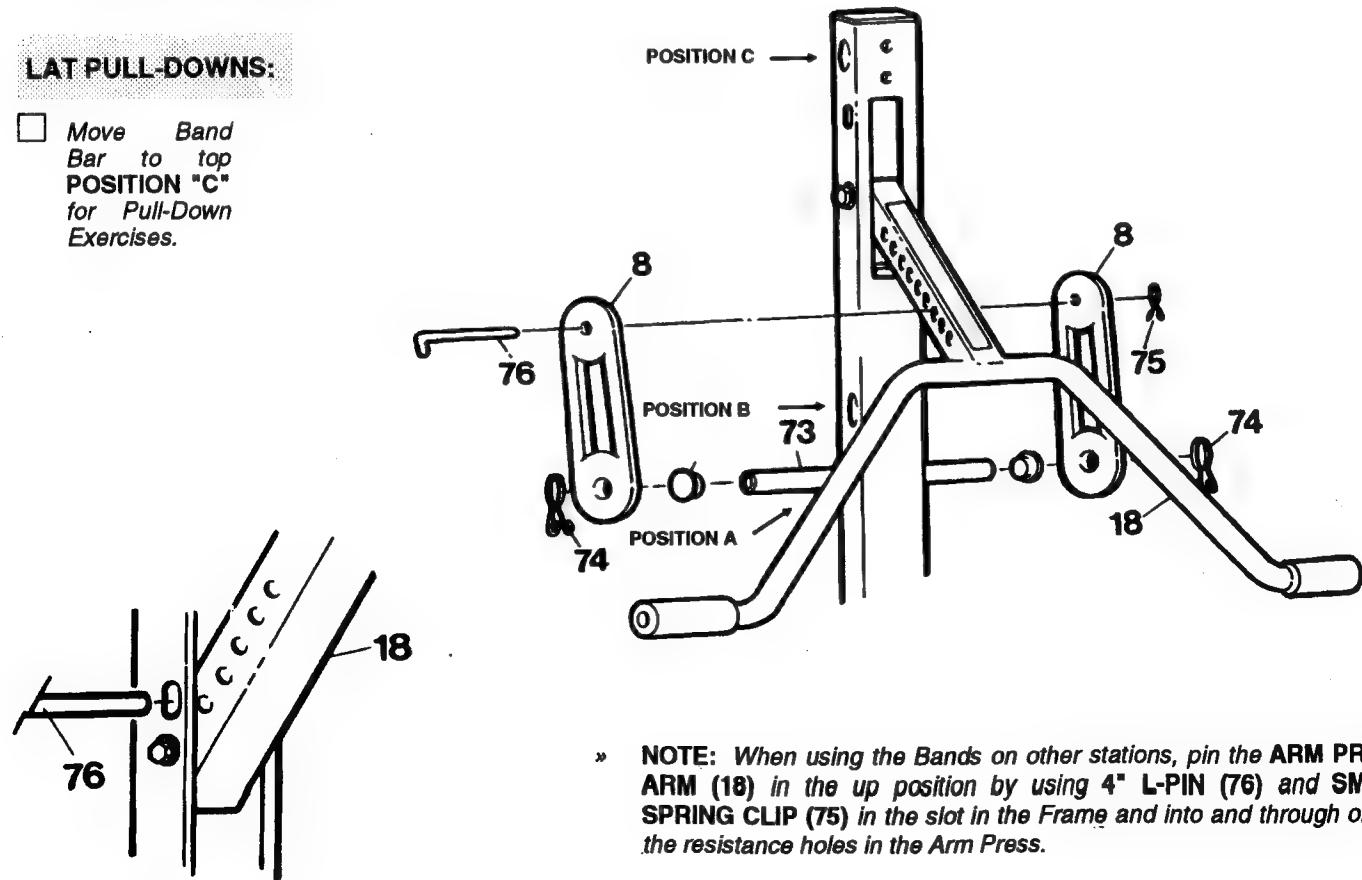
- First cap each end of the 3/4" X 9" ARM PRESS BAND BAR (73) with 3/4" ROUND PLASTIC INSERT CAPS (38).
- Insert Bar into bottom hole position on the Main Frame. (POSITION A)
- Slide one "FLEX BAND" (8) onto each end of Bar. Secure each Band with LARGE SPRING CLIP (74).
- Select desired amount of resistance you wish to use and secure Band into position using 4" L-PIN (76) and SMALL SPRING CLIP (75).

### MILITARY PRESS:

- Position BAND BAR (73) into POSITION "B" to do all seated press exercises. Bar position can be changed from one anchoring hole to another without having to remove bands from Arm Press Arm by simply sliding pin completely out of Bands and Frame and re-pinning in other location.

### LAT PULL-DOWNS:

- Move Band Bar to top POSITION "C" for Pull-Down Exercises.



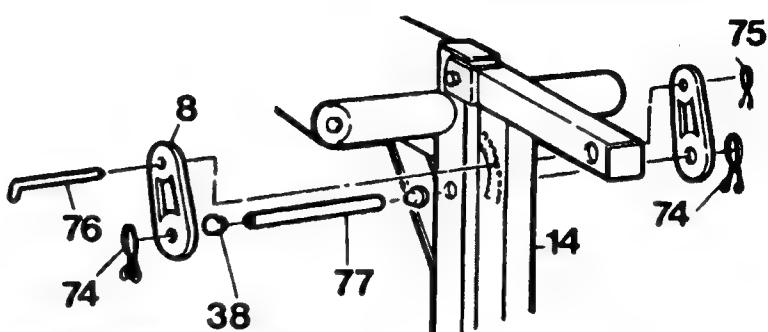
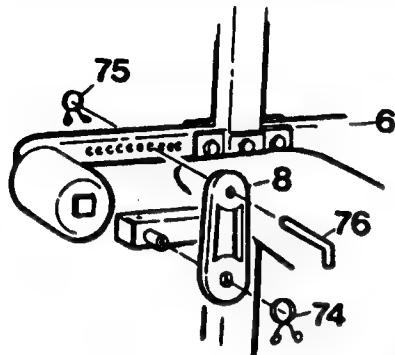
» NOTE: When using the Bands on other stations, pin the ARM PRESS ARM (18) in the up position by using 4" L-PIN (76) and SMALL SPRING CLIP (75) in the slot in the Frame and into and through one of the resistance holes in the Arm Press.

## PEC-DECK EXERCISES

- Insert "Flex Bands" onto posts on Pec-Deck Crossbar of Main Frame. Secure each Band to Post with a **LARGE SPRING SLIP** (74).
- Secure other end of **FLEX BANDS** (8) to **PEC-DECK ARM** (6) using **4" L-PIN** (76) and **SMALL SPRING SLIP** (75).

Again resistance can be selected from 15 to 55 lbs. per arm as per your choice.

For proper conditioning you should always use the same amount of resistance on each arm when working both arms at once.



### **LEG EXTENSIONS & CURLS:**

- Into each end of the **3/4" X 6" LEG CURL BAND BAR** (77) insert a **3/4" ROUND PLASTIC INSERT CAP** (38).
- Insert Band Bar into bar location holes in Front Leg of Backbone. Assemble "FLEX BANDS" (8) onto each side of Bar and secure each with **LARGE SPRING PIN** (74).
- Attach other end of "FLEX BANDS" to desired resistance hole in **LEG CURL** (14) using a **4" L-PIN** (76) and **SMALL SPRING CLIP** (75).

#### **LEG EXTENSIONS:**

To do Leg Extensions, sit so that your legs are over the foot of the bench and the foam rollers are in the bend of the knees. Position feet behind foam rollers and extend legs forward until straight. If you are unable to straighten legs fully, reduce resistance until it is possible. As you build strength in your legs, you can increase the resistance.

#### **LEG CURLS:**

Laying on your stomach, position your body so that your knees are atop the Knee Rollers at the foot of the bench. Hook Heels under Roller Pads at the end of Leg Curl Arm. Bring Feet back over Leg as far as possible, then slowly straighten Legs back to beginning position.

#### **BICEPS CURLS & ROWING:**

Some additional exercises that can be performed with the Leg Curl Extension are seated Biceps Curls and Seated Rowing. By removing the Foam Rollers from the Pad Bar at the end of the Leg Curl the Bar acts as a Curl Bar.

#### **SEATED ROWING:**

Again positioned forward on the Bench reach forward and grasp the Pad Bar. Pull back on Leg Curl to touch chest while keeping elbows extended and away from your body.

#### **GENERAL EXERCISE NOTE:**

As in any exercise program, start out doing exercises at a resistance setting that you are comfortable with.

Do repetitive sets of exercises to condition your muscles before increasing the pounds of resistance.

Over the days and weeks gradually increase the number of reps, sets and resistance as your muscular endurance increases.

## ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

**1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.**

**2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.**

**3. Before ordering parts by phone have ready the following information to expedite your order:**

- a. Name of the product (FLEX XT2)
- b. Model number of product (1032A)
- c. Serial number of the product located on a decal on the frame  
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Health & Fitness  
Parts Service Department  
900 West St. John Street  
Olney, Illinois 62450

## LIMITED WARRANTY

**Weider Health and Fitness**, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of **ONE YEAR** from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of **FIVE YEARS** from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

### LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to

### CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

**Write to: Parts Service    Weider Health & Fitness    900 West St. John Street    Olney, Illinois 62450**

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

### PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.

# **CONDITIONING GUIDELINES**

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## **EXERCISE INTENSITY**

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

## **WORKOUT PATTERN**

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**



Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

## **EXERCISE FREQUENCY**

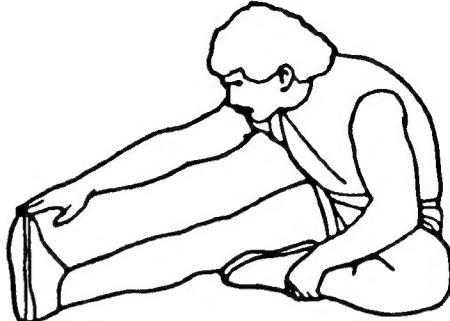
To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

## **SUGGESTED STRETCHES**

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

### **HAM STRING STRETCH**

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.



### **Stretches: Hamstrings, Lower Back and Groin**

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.



### **Stretches: Quadriceps, Hip Muscles**

### **TOE TOUCHES**

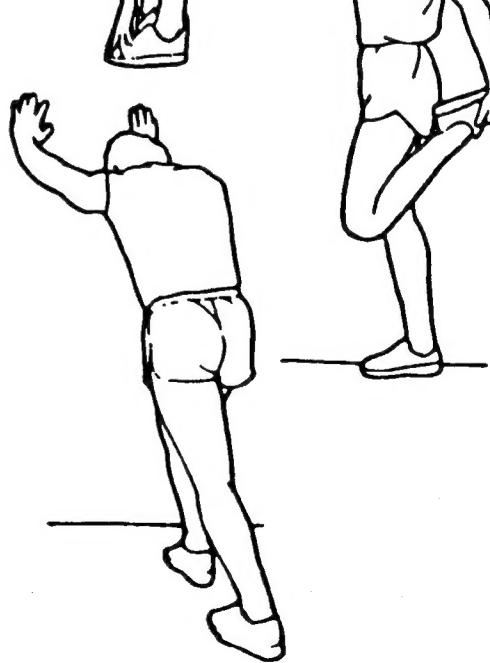
Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.



### **Stretches: Hamstrings, Back of Knees, Back**

### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.



### **Stretches: Quadriceps, Hip Muscles**

### **CALF/ACHILLES STRETCH**

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

### **Stretches: Calves, Achilles Tendons, and Ankles**